

the new wham mag

issue 256 // 24 – 31 August 2012 // Paralympics special edition

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24 August 2012 // **issue 256**



If, like me, your head is still reeling from the excitement of the Olympic Games, get ready for part two as we welcome the Paralympic Torch Relay to Newham. We want as many of you to line the streets and light the way as it makes its way

across the borough on 29 August (p10).

Former resident and paralympian Ade Adepitan comes back to his roots to give us an exclusive interview (p8) and we reveal details of our wonderful Waterfront Festival, which takes place next month (p15).

If you're stuck for cookery ideas, take a leaf out of Josee Carelle Konan's recipe book and try her dish, which won the Young Mayor's search for a Gold Medal Meal (p22).

Cllr Neil Wilson

Executive member for equalities and social inclusion

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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Talk cops large audience

More than 150 people attended a question and answer session at Stratford Picturehouse with Metropolitan Police Commissioner Bernard Hogan-Howe, right, as part of Newham's programme of free inspirational lectures, the Ideas Olympiad.

Mr Hogan-Howe outlined his vision of 'total policing', revealed plans to improve neighbourhood policing and spoke about a new approach to stop and search.

So far more than 1,000 people have attended the Ideas Olympiad. Earlier speakers included Robert Winston and David Bailey. Confirmed speakers for September sessions include Lord Tony Hall, chairman of the Cultural Olympiad and chief executive of the Royal Opera House, and Sir Michael Lyons, former chairman of the BBC.

The next Ideas Olympiad event will be with Professor Alan Penn speaking on Who Enjoys Shopping at Ikea? It takes place at Stratford Picturehouse on 3 September from 7pm. You can book for all events by visiting www.newham.gov.uk/ideasolympiad



Paralympics road preparations

Transport for London (TfL) is writing to residents and businesses informing them of temporary changes to roads in preparation for the Paralympic Games.

Letters have been sent to people in and around:

- the Lower Lea Crossing to Connaught Bridge (via Silvertown Way and North Woolwich Road)
- Ruckholt Road to Stratford High Street (via Temple Mills Lane, Major Road, Leyton Road and Stratford Gyratory).

The Paralympic Games begin on 29 August and the Paralympic Route Network will help ensure athletes, officials and others working at the Games can reach their events on time.

TfL plan to do preparation works over four nights from Saturday 25 August to Tuesday 28 August from 9pm-6am. Roads will not be closed and access will be maintained to properties. There will be rolling lane closures and local diversions may be needed.

Games lanes and road closures will become operational at 6am on 29 August. Visit GetAheadoftheGames.com for details. See page 16.



Applause for A-level students

Mayor Sir Robin Wales has congratulated young people on their A-level results. The provisional pass rate in Newham for students at grades A* to E was 97.1% - an increase from 95.4 per cent in 2011.

Newham's rise in the pass rate of 1.7 percentage points is bigger than the national increase for grades A* to E, which was 0.2 percentage points to 98 per cent. The pass rate for London was 97.8 per cent. All figures are provisional until the Government publishes final results in January.

Mayor Sir Robin Wales said: "I congratulate our young people on their A-level results and applaud their hard work. I wish them future success in whatever career or education paths they take.

"The increased pass rate at grades A* to E reflects the investment being put into education in Newham. We continue to close the gap on the national and London pass rates and must build on this in the coming academic year."

Beware Mecca trip frauds

Muslims in Newham are being warned to watch out for fraudsters who steal hundreds of thousands of pounds from pilgrims travelling to Mecca.

With just under three months to go until this year's Hajj (24-29 October), the Metropolitan Police has concerns that pilgrims may be tempted by last minute deals from illegitimate travel operators promising Hajj visa packages.

The criminals pose as legitimate travel operators, often offering discounts of up to 50 per cent on the normal travel price, but shortly before the departure the tour operator closes, leaving the victim with no tour and no prospect of a refund.

There are things people can do to avoid falling victim to Hajj fraud: make sure your travel agent/tour operator is ATOL protected; check that your travel agent/tour operator is accredited by the Saudi Embassy; check exactly what you are paying for; get everything in writing. Call 0300 123 2040 for information.



News



Olympic torch is the best tonic

Patients at Newham University Hospital in Plaistow got into the Olympic spirit when hospital volunteer Samuel Berhanu took his Olympic torch on a journey around the wards.

Samuel, who carried the Olympic flame into East Ham's Central Park during the Mayor's Newham Show on 21 July, showed the torch to Libertine Quinn, a patient in the cardiac care unit. She said: "I enjoyed watching the Games and to see the actual torch is fantastic."

Over the past two years Samuel has dedicated his spare time to volunteering for the hospital and charities Helping Hands and the Alzheimer's Society.

He said: "It was an honour being able to share in bringing the Olympic flame through Newham. I was so proud when the crowds cheered as I ran in Central Park. I get great joy from giving my time to do voluntary work and I feel proud that I was nominated to be a torch bearer."

New insight into lives of residents

A detailed insight into the lives of Newham residents is to be published on the internet.

Research for the Newham Household Panel Survey was gathered between April and June last year from more than 1,100 adults and 500 young people. Previous research had been carried out in 2008. Visit www.newham.info for details.

Findings included:

- Social cohesion has improved with 87 per cent agreeing that 'people from different backgrounds get on well together' – up from 83 per cent.
- The majority of residents (59 per cent) do not worry about crime or being a victim – up from 40 per cent
- Most residents (68 per cent) said they are satisfied with the council – up one per cent.
- The proportion of residents who said they had no health problems increased from 58 per cent to 68 per cent.

Mayor Sir Robin Wales said: "We value what residents say. The findings will inform policy-making at the highest level and help us direct resources towards the issues residents say are important to them."



Discovering fun for children

Mayor Sir Robin Wales played at being superhero and helped save the world when he dropped in on youngsters at the Discover Centre in High Street, Stratford.

During the period of the Olympic Games, Newham Council arranged for people who live or work in the borough to visit the centre for free as part of the Let's Get the Party Started programme.

Discover has been running its summer programme, called Superheroes, for children under 11 to explore their creativity and develop their imagination. Sir Robin joined in one of the story-telling sessions. He said: "Discover is a great place where children and their families, carers and teachers can play and have fun. I enjoyed being part of such a great event."

The Discover Centre is open everyday from 11am-5pm until 10 September. The Superheroes programme continues until November. Call 020 8536 5555 or visit www.discover.org.uk for more information.



The Paralympics are a special kind of magic

We're getting a second opportunity to enjoy the magic of the London 2012 Games with the arrival of the Paralympics. We've got another torch relay, another party in the park and more incredible athletic achievements.

When we first made the bid for the Games, I don't think anyone could have foreseen how everyone would have embraced the Paralympics and got behind our athletes.

The demand for tickets has not diminished – which is an incredible achievement in itself – and we will be working hard with Games organisers LOCOG to get hold of as many as we can for residents.



The Paralympic Games will leave a real legacy that includes disabled people using the stadium. I have already invited the British Paralympic Association to help us ensure a truly inclusive legacy for anyone with a disability. We want every member of our community to access their Olympic Stadium.

Our commitment to disability sport is well-known; our Chairs in the Community project is a great idea where we offer wheelchairs to young people and community groups – both able-bodied and disabled – to try out different sports.

People who wouldn't otherwise get the chance are also getting involved in wheelchair basketball and rugby. Swim club Newham Otters host a free weekly family swim for disabled children and

their families at our leisure centres.

School children across the borough have also been learning about the Paralympic Games. We've got a brilliant opportunity to teach youngsters about achievement and diversity which is so important. There should be no distinction between ability and disability.

So after a fantastic Olympic Games we now look forward to what we believe will be the best ever Paralympic Games. The UK is the birthplace of the Paralympic movement and so London's Games will show the world how just amazing and inspiring elite Paralympic sport can be.

They will ensure all the Paralympic values of determination, inspiration, courage and equality to complete are shared by everyone.



Mayor's view

Bradley the Bus is a right read

The London bus has been a great tourism tool for the capital during the Games and I was delighted to hail a very special one at Stratford Library when I had the pleasure of launching a new children's book.

I joined young readers to find out more about Bradley the Bus, a roving red Routemaster created by Manor Park resident, and Council employee Inderjit Puaar. She has written, designed and self-published the children's book after being inspired by the interest her own children had in buses.

Not only is the book a great way of getting young children to read but also a great way to teach them about road safety. Inderjit's entrepreneurial spirit is something I admire and the event was a really fun afternoon. Judging from the reaction of the youngsters, I think she's got a success on her hands.



With author Inderjit and children at the launch

Cleaning up our act



With Cllr Ian Corbett, right, watching gum removal

One thing I have noticed whilst travelling around the borough is how much cleaner our streets are looking. Some might say this is only because of the 2012 Games, but those people couldn't be more wrong.

We had already invested in more cleaning equipment, including road and pavement washers and

new graffiti and gum removal machines, to bring about long-term improvement on our streets, not just meet the short-term demands of the Games.

Thanks to some good planning we have kept up the high standards of cleanliness. All waste and recycling collections have so far been maintained during the Games with no disruption to residents or businesses.

Our streets are far better than they were five years ago and we will continue to make them cleaner and smarter.

Game for a party

There have been many great successes connected with hosting the Olympic Games and Paralympic Games, but what I am most pleased about are the opportunities they have given for people to do things together.

With support from our Let's Get the Party Started campaign there have been many celebratory events, including the garden party I went to at the community garden in Radland Road, Canning Town.

Residents and local councillors came together in the colourful surrounds of the garden to enjoy music, singing, sports, face painting, food and drink from around the world as well as a barbeque.

A resilient community is one where people are connected and have positive relationships with one another. There is still plenty of time to host your event. Visit www.newham.gov.uk/party to find out more.



With residents and councillors in the community garden

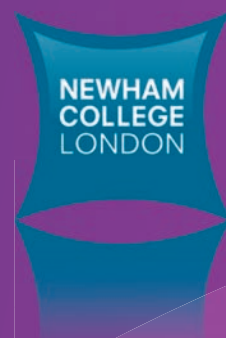
with Sir Robin Wales

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Just the ticket

More than 1,000 residents queued, some from dawn, to have the chance to experience the Olympic Park the day before the Olympics ended, thanks to an exclusive offer secured by Newham Council.

The last-minute giveaway which gave residents access to the Olympic Park, was promoted via social networking sites Twitter and Facebook. Residents queued hours before the allotted time of 10am at Central Park, East Ham, and Stratford Park to ensure they could get access.

As well as this one-off offer, Newham Council gave away tickets to residents watching the Olympics on the giant screens in the parks. Spectators had the chance to enter a ballot held at both sites, with winners getting tickets for some of the Games' big events, including the closing ceremony.

"We want the Olympics to come back to Newham! We can't wait to see Mo Farah do us proud this evening."

(Front row) Shaheda and Sophie from Plaistow, Leon from Forest Gate with other residents



"The Olympics have been great. I'm very pleased to be going to the Olympic Park."
Shirley, from Forest Gate



"The Olympics have been amazing and we're really looking forward to going to the Olympic Park."

John Tomlin with son Mitchell, from Stratford



"I've enjoyed the Olympics. My favourite part was the horse dancing (dressage)."

Lily from Stratford with her mum



Be in it to win it

For the latest news, service updates and exclusive offers follow us on Twitter **@NewhamLondon** or find us on Facebook, **www.facebook.com/newhamcouncil**

Prepare for part two of the Games

If you're feeling a bit low after all the highs of the Olympic Games, get ready to cheer on Team GB as we prepare for the Paralympic Games and welcome the arrival of the Paralympic Flame on Wednesday 29 August.

More than 250,000 residents welcomed the Olympic Torch to Newham last month and we're expecting another great turn out when the Paralympic Torch Relay arrives.

The Paralympic Flame will make its way across London as part of a 24-hour, 92-mile overnight relay carried by teams of five torch bearers.

On Wednesday 29 August it will make its way across the borough via East Ham and Plaistow, stopping off at Stratford Park before heading to the Olympic Stadium in time for the lighting of the cauldron as part of the Paralympic Opening Ceremony. Stratford Park, E15, will be hosting children's activities from 11am. The Opening Ceremony will be screened live, from 8pm on giant screens at both Stratford Park, and Central Park, E6.

Torch timings

8.55pm: Paralympic Torch Relay enters Newham at Barking Road, E6, and makes its way down Barking Road towards Plaistow.

9.25pm: Torch Relay turns right down Greengate Street and heads towards Stratford Park, West Ham Lane.

9.50pm: Torch Relay enters Stratford Park, where the screening of the Opening Ceremony will be taking place, as Newham officially welcomes the Paralympic flame. After a brief stop at the park, the Paralympic Flame will be taken to the Opening Ceremony in the Olympic Stadium.

All times are approximate.

Help light the way for our torch bearers

Equipment

Coloured plastic sheets

Sticky tape

Coloured permanent marker pens or paint

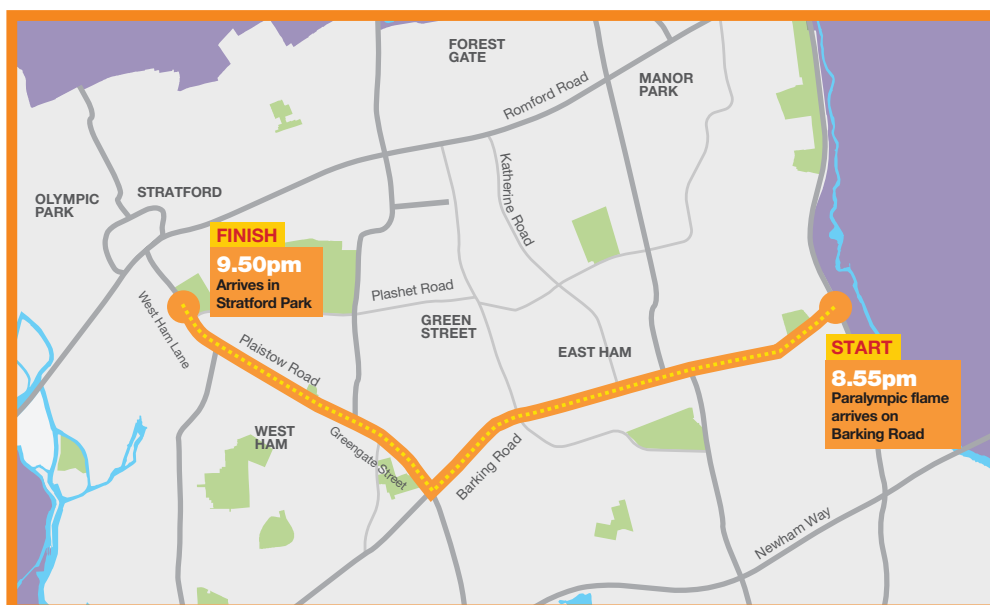
Scissors

A battery operated torch

Instructions

Step 1: Get some coloured plastic sheets. If you don't have any you can use old plastic document wallets.
Step 2: Decorate your plastic sheet using permanent pens, coloured tissue paper or paint.
Step 3: Get your torch and wrap the plastic sheet around the top, forming a collar.
Step 4: Fix in place with sticky tape and you have your own flame torch.
Step 5: See the map, left, to see where you can catch the Paralympic Flame in Newham. Take your torch and help light the way for our Paralympic torchbearers.

Visit www.london2012.com/lightalantern for more bright ideas on how to make a torch.



Why not...

... gather your friends and family for a lantern-making workshop and all head down to the Paralympic Torch Relay together?

If you haven't got the time or equipment to make your own torch grab your torches, glow sticks, bike lights or anything else that will illuminate the route and support the Newham torchbearers.

Send in your pictures of the Paralympics

As the primary host borough for the 2012 Games, it's a historical year for Newham residents. We want to capture your memories of this unique occasion, whether they are of community events, iconic landmarks or people getting together and having fun.

As part of our Capturing Newham competition, send us pictures of your 2012 and you could be £1,000 better off if you win top prize for your image. There are three categories:

- > **Over 18 – win £1,000**
- > **14 to 18 – photography equipment worth £500**
- > **11 to 13 – photography equipment worth £500**

To enter visit **www.newham.gov.uk/capturingnewham** and complete an online entry form. Terms and conditions apply. Closing date for entries is 12noon on Monday 12 September.

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LIVE and kicking

During the Olympics, more than 165,000 residents ditched their sofas, couches and armchairs for an alternative way to watch the finest sporting action the world has to offer. They flocked to Newham LIVE, twelve hours of daily live broadcasts in Stratford Park, E15, and Central Park, E6.

If you've been feeling glum since the Games ended, Newham LIVE is the perfect antidote. Relieve the exhilaration as we switch on our giant screens and enjoy the Paralympics.

Every day from 29 August to 9 September, from 11am-11pm, Stratford Park's giant live screen will showcase the Paralympics. Every

weekend from 29 August to 9 September, and for the Paralympic opening and closing ceremonies Central Park, High Street South, E6, will be broadcasting from 11am-11pm. As well as some big screen viewing, every weekend at both parks you, your friends and family can enjoy:

11am-7pm, children's activities and entertainment including a bouncy castle, sand pit, water play, comedians, balloon modellers, arts and crafts, sand pits and a huge under fives area

11am-7pm, family sports including BMX, boxing, zumba, athletics, and paralympic sports

2-8pm, live music and entertainment showcasing Newham's finest talent on stage.

There's also a bar open every day at Stratford Park and when the Paralympics are screened at Central Park.



From a Newham park to the Olympic Park

Come to one of our LIVE screens and you could be going to the Paralympics. During the Olympics we gave visitors at our LIVE sites tickets to some of the best events in the Olympic Park. To be in with a chance of getting a pair of Paralympic tickets, all you have to do is complete an entry form at the information point at Stratford and Central parks. Winners are chosen at random via a ballot.



Big screen joy: how you've enjoyed the Games

Edward, Mariam and Leona, Stratford

"We're making an evening of it. We've brought a picnic and are staying until the last firework goes out.



"We were lucky enough to visit the Olympic Park. It was just brilliant. We queued up for some free tickets that were being given out by Newham Council. People had been queuing since 6am. We arrived at 7.30am. The buzz was terrific. I think everyone's sad it's all over – I am. It's been fantastic and I'm now looking forward to the Paralympics."

Sharan Matharu and family

"We live locally but my cousins have come down from Middlesex just to watch the Olympics.



We've really got into the spirit and have had our faces painted by my sister.

"The highlight for me has been coming here, it's great to have something so big right on your doorstep. It's so nice to see everyone so happy; it's about time Newham had something to be proud about. This is a huge moment for us and we are sharing it with the world."

Word on the web: what you've been tweeting

@jpdstudio

@NewhamLondon well done to Newham for the live sites, which were excellent. Staff passionate about the borough and very helpful too!

@elismatthews

Crazy scenes in @NewhamLondon. It's like we're suddenly in Kingston as Jamaica break WR. #MoBot #Party Just seen the big MO win the 5k at @NewhamLondon on the big screen. Now doing the Mo-bot with 2,000 other local residents. #awesome #e15

@TinyDancerLou

Watched #amazing #ClosingCeremony at #stratfordpark I must say it was so well organised and not a bit of trouble! Great night! @NewhamLondon

@Ms_C_Sense

@NewhamLondon great day yesterday in Stratford watching Olympic football final & Mo on the screen. Great atmosphere, thanks Newham.

@Babygirl_EPB

I'm loving this #EmeliSande #Madness #PetShopBoys #OneDirection I HEART NEWHAM, I HEART Olympics @TeamGB @Olympics @NewhamLondon

@TomPowis

For the next 60 seconds I and the whole of @NewhamLondon are Jamaican. Such an atmosphere!

@rachelworthing

amazing evening watching mighty mo @NewhamLondon! #Olympics #GoMo

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Revised Bank Holiday refuse and recycling collection days

Collection day

Revised collection day

Monday 27 August (Bank Holiday)	Tuesday 28 August
Tuesday 28 August	Wednesday 29 August
Wednesday 29 August	Thursday 30 August
Thursday 30 August	Friday 31 August
Friday 31 August	Saturday 1 September

Normal collections will resume from
Monday 3 September

Please use your recycling
bin or orange bags
for all your recycling,
including all cardboard.



visit www.newham.gov.uk/recycling
call 020 8430 2000

THE IDEAS OLYMPIAD

The next set of events in the series include:



Who enjoys shopping at Ikea?

Monday 3 September 7-8pm

Professor Alan Penn, Dean of the Bartlett Faculty of the Built Environment at UCL will give a talk and Q&A describing the way that architects use space to sell things.



Where is Team GB on the cultural medals table?

Thursday 6 September 7-8pm

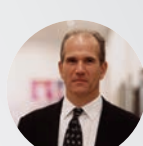
Lord Tony Hall, Chairman of the Cultural Olympiad and Chief Executive of the Royal Opera House, Lord Hall will discuss how we can ensure culture remains accessible to all beyond the 2012 Games.



Luck and opportunity -How can we do more for all our young people?

Wednesday 12 September 7-8pm

Sir Michael Lyons, Former chairman of the BBC talks to residents about investing in the potential of all our young people.



Art theft

Monday 24 September 7-8pm

Sandy Nairne, Director of the National Portrait Gallery will reveal the complex cloak-and-dagger story of the theft of two Turner paintings. Sandy Nairne, Director of the National Portrait Gallery will reveal the complex cloak-and-dagger story of the theft of two Turner paintings (then valued at £24million) in 1994.

To book your free tickets and for more information on the series visit: www.newham.gov.uk/ideasolympiad

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Like us: [f newhamcouncil](https://www.facebook.com/newhamcouncil)



Wake up to **wakeboarding**

We're counting down to the Newham Waterfront Festival with a splash on one of the most exciting activities to ever come to the borough. Wakeboarding is an exhilarating water sport for anyone aged over eight and one of the highlights of this year's festival, which takes place on Saturday 29 September.

WakeUp Docklands, based at Royal Victoria Dock, teach wakeboarding classes to people of all abilities. Wakeboarding takes place on water and, for beginners, involves balancing on a board holding a rope connected to a cable. As the cable moves you're propelled across the water – and the fun begins.

Wakeboarding is made up of a combination of techniques borrowed

from snowboarding, surfing and water skiing. You don't need to know how to swim, you just need to be confident in the water. It's a good way to keep fit and improve your balance.

WakeUp Docklands is open seven days a week, with lessons taking place from 11am- 8pm. Wetsuits and all equipment is provided and each lesson is 90-minutes long.

WakeUp Docklands will be giving you the chance to try out their range of watersports at the Newham Waterfront Festival. Try free wakeboarding, walk on water in an aqua ball or give paddle boarding a go. If you prefer a less strenuous day out, check out the UK's top wakeboarders who will be putting on a show for visitors.

WakeUp Docklands is offering Newham Mag readers a £10 taster session – reduced from the usual price of £35. Turn to Mention the Mag on page 28 and find out more. If you'd like to soak up some wet and wild action and can't wait for the Waterfront Festival, visit www.wakeupdocklands.com for more information.



Newham Waterfront Festival

From free boat rides to live music and a fantastic fireworks finale, don't miss this year's Waterfront Festival on Saturday 29 September, from 2-9pm, Royal Victoria Dock, E16. For more information visit www.newham.com/summer



GAME FOR THE PARALYMPICS

Thanks to good planning by the authorities and the common sense approach taken by residents, Newham was largely chaos-free during the Olympics. The Paralympics will see more events take place in the Olympic Park, so the borough may be busier as a result. To ensure disruption to residents' lives is once again kept to a minimum, a number of measures will be in place during the 11 days of the Paralympics.



Roads

The Paralympic Route Network will be in operation from 29 August to 9 September. In Newham it will be in place at the roads used by the Olympic Route Network, excluding the Newham section of the A13.

Road closures/restrictions continue at:

- > **Angel Lane/Leyton Road, E15**
- > **Manor Road, E15**
- > **Rick Roberts Way, E15.**

Back to school

Newham schools open from 3 September. Roads and public transport are expected to be exceptionally busy so allow plenty of time for your journey.

Parking

From 29 August to 9 September, parking restrictions from 8am-9pm will be in place across Newham to ensure residents can park with ease. All vehicles registered to a Newham address will be issued with a virtual permit from Games organisers. This is not a paper permit. Vehicle information is stored electronically on a database.

If you live in a Resident Parking Zone (RPZ)

- > During the times of your RPZ, if you have a visitor you should give them one of your existing paper permits.
- > Outside the times of your RPZ, if your guest is visiting between 8am and 9pm you need to apply to LOCOG for a free one day visitor's permit: visit www.2012gamesparkingpermits.com/newham for details.

If you do not live in an RPZ

- > You need to register the vehicle of anyone visiting you between 8am and 9pm. Visit www.2012gamesparkingpermits.com/newham for details.

Vehicles that are not permitted to park in Newham may be issued with a penalty charge notice and towed away. Visit www.newham.gov.uk/parking for more information and answers to frequently asked questions. Email 2012parking@newham.gov.uk with your queries.

Car parks

Westfield car parks remain closed to the public. The multi-storey car park at Stratford Centre has now reopened. All pay and display parking will operate as normal during the Paralympics.

Trains, Tubes and the DLR

Stratford Station was extremely busy during the Games. During the Paralympics you should avoid using this station from 7.30-9.30am, 2-6.30pm and from 9pm-1am. Exceptionally busy periods are predicted to be:

- > **Friday 3 September, from 4-6pm**
- > **Tuesday 7 September, from 2.30-4.30pm**
- > **Thursday 9 September, 9.30pm-12midnight**
- > **Sunday 12 September, 10pm-12.30am.**
- > **Canning Town Station** continues to be a key station for travellers to ExCeL. Try and avoiding using this station between 9.30pm and 1am.
- > **Prince Regent DLR** is operating as an entrance only station. Busy periods are expected to be from 8.30pm-12midnight.
- > **Custom House DLR** will operate for exit only.
- > **Maryland Station** has now reopened and will operate as normal during the Paralympics.

Check before you travel: visit www.tfl.gov.uk for the latest travel information.

Did you know?

Saturday 1 September is likely to be the busiest day of the Paralympic Games when up to 230,000 spectators are expected in the Olympic Park.

Leave the car at home

If the Games have inspired you to get active then put your best foot forward and walk or cycle more. It's practical, healthy and fun and could get you where you need to go a lot more quickly than you might expect.

Keep in the loop during the Games

Visit www.newham.gov.uk for regularly updates on all council services. For the latest news, offers and service updates follow us on Twitter [@NewhamLondon](https://twitter.com/NewhamLondon) or find us on Facebook www.facebook.com/newhamcouncil



Newham in pictures



1 Proving that we run things at the Newham Athletics Festival at Terence McMillan Stadium, E13. **2** All aboard at the launch of Bradley the Bus, held at Stratford Library. **3** Bernard Hogan-Howe: top cop talks shop at the Ideas Olympiad. **4** Box fit at Newham LIVE in Central Park, E6. **5** Shooting one for the team at the disabled multi sports session, Newham Leisure Centre, E13.

Take Five with... **Ade Adepitan**

Newham's own medal-winning Paralympian Ade Adepitan is presenting Channel 4's coverage of the London 2012 Paralympic Games. He tells us what we can expect.

What can we look forward to from hosting the Paralympics?

Hosting the Games is helping to regenerate the area with all the new facilities that have been built. A big reason why the University of East London built their new sports complex (SportsDock) in Beckton was because of the Games. It will also make the area more accessible for people with disabilities. Most of all it is an opportunity to see and share the dreams of some of the world's greatest Paralympic athletes.

"We want to get people talking and begin the journey of normalisation for people of all disabilities."

What will Channel 4's coverage of the Paralympics be like?

It is the most extensive coverage of a Paralympic Games ever. C4 is broadcasting from 7.30am until 11.30pm for the duration. The aim is to turn our Paralympians into household names. The Games will be covered with passion, humour and a purpose; we want to get people talking and begin the journey of normalisation for people of all disabilities. People can email and tweet us any questions. Clare Balding and I will present the daily 5.30-10.30pm show. Tweet me at @AdeAdepitan.

Newham's Christine Ohuruogu was one of the faces of the Olympics. Who will be the stars of the Paralympics?

Chrissy was great and I was pleased for her because I know how tough the past four years have been. All our Paralympians have been inspired by Chrissy and the rest of our Olympians.

Looking forward, the T43/44 Men's 100m final on 6 September could be the most exciting race of the Paralympics. Single leg amputee Jonnie Peacock is the world record holder at 10.85 secs. He will race South African Oscar Pistorious.

Wheelchair racer David Weir is the defending T54 800m and 1,500m Paralympic champion.



Picture: Kelly Hill

He has a good chance in the 800m, 1,500m, 5,000m 10,000m and marathon. In wheelchair tennis, West Ham United supporter Andy Lapthorne is the Quad event single world number 4 and has the potential to go all the way.

“Everybody needs heroes and the Games will produce lots of them.”

The GB basketball men are European champions and the women are European bronze medallists. The men's second group game is against 2004 Paralympic champions Canada, on 31 August, and they have the best player in the world in Patrick Anderson. If GB win that match I predict good things. The women have a chance of winning bronze but star players Helen Freeman, Amy Conroy and Laurie Williams must have the tournament of their lives. Anything is possible in front of a home crowd.

Cyclists Sarah Storey and Jody Cundy between them they have won ten Paralympic gold medals and will ride in their respective pursuits and time trials.

Queen of the pool Ellie Simmonds, who won two golds in Beijing at the age of 13, competes again. She will need support because the USA has a wonder kid in 16-year-old Victoria Arlen who has broken two of Ellie's records. Finally, there is David Smith in Boccia. His fiancée told him she would only marry him if he wins gold so he will be a man on a mission.

Will people embrace the Paralympics and Team GB in the same way as the Olympics?

I believe they will because we as a nation love sport, especially when we win, which is what our Paralympians are good at. They won 42 gold medals in Beijing. On C4 you will hear some of Team GB's amazing back stories.

Will the Paralympics inspire a whole new generation of young people into disability sport?

The Paralympics are already inspiring a new generation of athletes. Wheelchair basketball membership has gone through the roof. Everybody needs heroes and the Games will produce lots of them.



Ade speaking at the opening of UEL SportsDock this year

Who has inspired you?

My first experience of the Olympics was the 1984 Games in Los Angeles. I watched them on a black and white TV in Plaistow and was blown away by the talent and charisma of Daley Thompson and the determination of Seb Coe.

Magic Johnson, who I was lucky enough to meet, made me want to play basketball. Michael Jordan made

me want to be the best and a friend of mine, wheelchair basketball player Steve Caine, taught me how to work hard. Finally my family and my friends have been an inspiration because everything I do and have done has been for them.

 **Follow Ade on Twitter:**
@AdeAdepitan



Little chefs

While the world's athletes were preparing to go for gold, young people from Newham were busy working up a sweat of their own. In kitchens across the borough, residents aged between 11 and 18 attempted to chop, dice and sizzle their way to the final of the Young Mayor's Gold Medal Meal competition and be named Newham's best young chef 2012.

The search for a Gold Medal Meal was launched by Young Mayor Abraham Male and Deputy Mayor Wendy Zadigue to find a dish which tantalised taste buds enough to wow professional chefs and competition judges Arthur Potts-Dawson and Lee Szukalski.

More than 60 people entered the competition. Competitive cuisine vying for a place in the final included Guyanese cheese rolls, ooh la la tilapia, Olympic chicken wrapped in bacon, paella and marinated Cajun chicken.

After much deliberation, four finalists were invited to compete for the title of Newham's best young chef. The final

took place at the Forest Gate Festival where Mariyam Mukith, East Ham; Sarah MBugua, Forest Gate; Josee Carelle Konan, Canning Town; and Sumaiya Patel, East Ham; gathered to create their culinary masterpieces.

After sampling each dish, the judges declared Josee Carelle Konan, 11, the winner, with her dish of smoky grilled



An example of what the winning dish could look like.

chicken wings with chillies declared a Gold Medal Meal.

Josee, a novice cook, was inspired by her older sister, who does much of the cooking at home. She said: "The recipe is one of my auntie's, it's a traditional African-Caribbean dish.

"I often help my sister at home but everyone was surprised when I won as I hadn't cooked on my own before. There were a lot of older people taking part and I didn't think I stood a chance.

"Winning the competition has encouraged me to cook more at home, which my sister is very pleased about!"

Young Mayor Abraham Male said: "Just reading some of the recipes we received was enough to make mine and the mouths of the Youth Council water. Shortlisting just four finalists out of more than 60 entries was tough as the standard of dishes was so high.

"Each of the finalists did brilliantly, cooked wonderful food and picked up some tips from the experts along the way. Sadly, there could only be one winner and Josee's delicious, flavoursome chicken won over the judges."

"Each of the finalists did brilliantly, cooked wonderful food and picked up some tips from the experts along the way. Sadly, there could only be one winner and Josee's delicious, flavoursome chicken won over the judges."

Josee won a £100 Nandos voucher and her recipe is featured on the menu at Arthur's and Lee's restaurants. Runner up Sumaiya Patel was given two weeks' work experience with Lee at his Evershed restaurant and each finalist received a certificate.

Smoky chicken wings with chillies

Serves six

Ingredients:

1 tablespoon honey
4 cloves garlic, peeled and crushed
One-inch piece of ginger, peeled and crushed
5 lbs chicken wings, separated at joint, tips discarded,
2 tablespoons of sugar
1 tablespoon soy sauce
4/5 scallions/spring onions, cut thinly on the bias
1 fresno chilli, halved lengthwise and finely sliced
Canola oil, for grilling
Kosher/Sea salt and freshly milled black pepper to season
3 tablespoons smoked paprika
2 tablespoons toasted sesame oil
1/4 cup lightly packed fresh cilantro leaves, chopped
1/4 cup lightly packed fresh mint leaves, chopped

Pre heat the oven to gas mark 4/180°C. Wash and drain the chicken. Score each wing and place the chicken into a large bowl. Add the honey, garlic, ginger, soy sauce, sugar, chilli, canola oil, salt, pepper and paprika and mix well. On the hob, add the canola oil to a large non-stick pan and heat. Add the chicken. Sautée the chicken in pan for 10 minutes stirring intermittently to avoid it sticking. Once the chicken begins to brown, transfer the contents of the pan onto a foil lined baking tray. Oven cook for 20 minutes, checking that the chicken is cooked through before removing. Garnish with the chopped cilantro, mint and spring onions.



(L-r) Chef Lee, Josee, Young Mayor Abraham and Deputy Mayor Cllr Lester Hudson

Could you be the next Young Mayor?

Nominations for the next Young Mayor of Newham open soon. Keep up to date with all the latest news from Abraham and the Youth Council by following him on Twitter **@ym_newham** or visit **www.newham.gov.uk/youngmayor**

OUR NEWHAM

Artistic hub

If you're an aspiring artist or want to brush up on your drawing skills come along to a free art workshop at THE hub.

Open to all residents, the workshop takes place on Thursday 30 August from 2-4pm at THE hub, 123 Star Lane, E16.

THE hub is also hosting an exhibition of work by young people, which is inspired by a collection of portraits in The Courtauld Gallery. The exhibition is free to view on weekdays from 9am-8pm and on Sundays from 9am-5pm.

For more information about the workshop or exhibition call THE hub on 020 7473 5249.



Free family fun day

The Grassroots Centre in Memorial Park, West Ham, is swinging open its doors for a free Family Fun Day.

The event organised by Barney Bears Nursery and the Grassroots Centre, supported by funding from Newham Council's Let's Get the Party Started campaign, will take place on Friday 31 August, from 1.30-3.30pm at Memorial Park, Memorial Avenue, E15.

Family friendly activities include arts and crafts, egg and spoon races, a bouncy castle and a biscuit decoration workshop. Don't forget to bring along your teddies and a packed lunch for the teddy bears' picnic. They'll also be a fire engine and a chance to meet the fire brigade.

All children taking part in the day's activities will receive a medal.

The event is open to all so bring your friends, family and stuffed toys along. To find out more details call Barney Bears Nursery on 020 7476 7500.



Making it work for you

If you're yet to discover the delights of the Caravanserai in Canning Town find out how you can make it work for you at a special community event.

The Caravanserai is a project set up to help get people into employment through enterprise and the team want to know how they can make sure you benefit.

Bring your own food, enjoy free entertainment from musicians and find out more at Making (it) Work, Friday 31 August at Canning Town Caravanserai, 100-116 Silvertown Way, E16, from 5-10pm. There will also special workshops focussing on creative writing, graphics, art and business skills.

For enquires or more information email hello@caravanserai.org.uk

The Caravanserai is open on Thursdays and Fridays, from 4-7pm, and on Saturdays and Sundays from 11am-6pm.



NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 529 090

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To advertise here call Julie Madell
on 07890 529 090 or email
julie.madell@newham.gov.uk

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JOKES AND POEMS TO:
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4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry. We
cannot return any entries.

Colour-me-in Wordfit

Poem

Olympic Way!

Cyclists rounding pedals,
To win the gold medal,
Runners in the race,
put speed in their pace.
Going Fast,
though them past,
Find out who you are.
Showing up Olympic rings,
Up so high GB see it in
the sky,
Olympic, Olympic your such
a sight to see!
Everyone is ready, and they
are also very steady!
Athletes are training, hoping
on the day no raining.
This is my description of the
Olympic way!

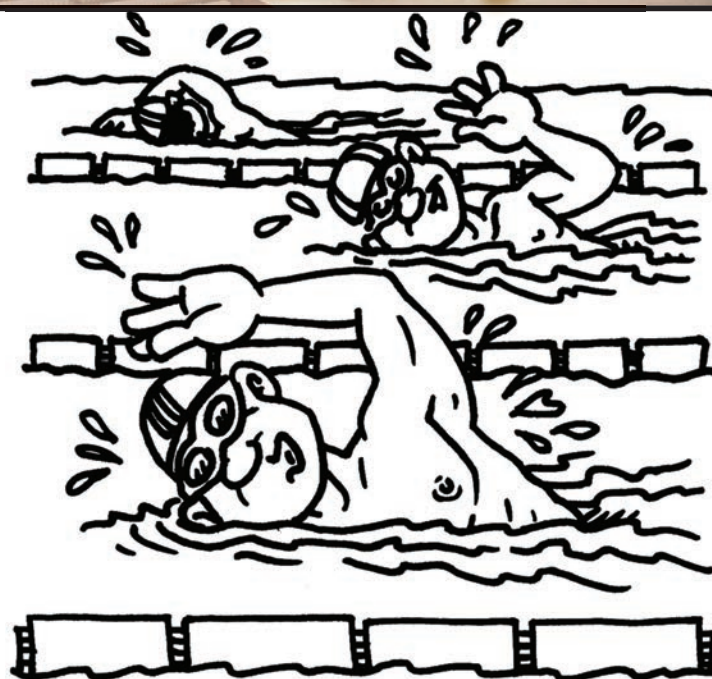
Sarawit Ocbamichael, 7

3 letters

JAW
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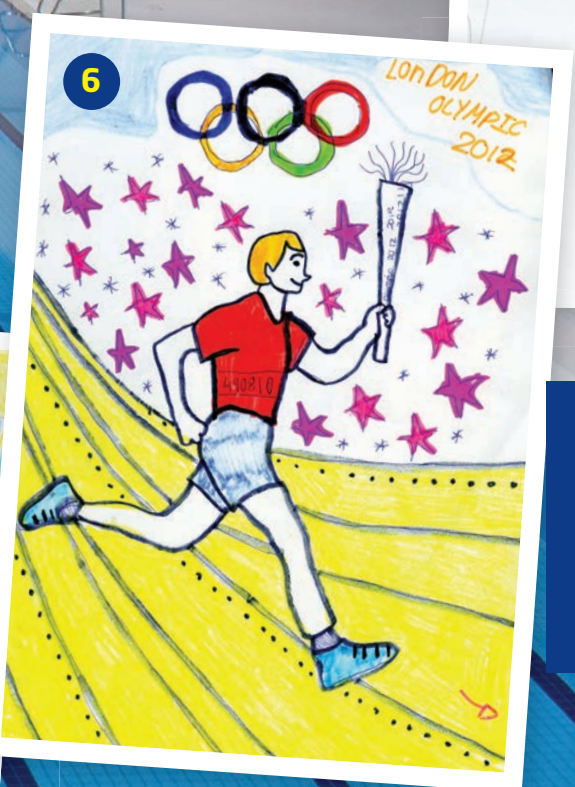
4 letters

AVID
COMA
DOWN
IRON
OPEN
TOGA
VEER
YETI
YOKE



P	A	R	A	L	Y	M	P	I	C	S

GAMES GALLERY



- 1 Nikita Makhija, 13.
- 2 Kelly Duong, 8.
- 3 Tharsa Suriyakanthan, 9.
- 4 Sageny-Sivasothinathan, 10.
- 5 Abhinav sura, 7.
- 6 Tameema Uddin, 10.
- 7 Lelavinathan, 8.

WHAT'S ON?

**THREE PAGES
OF ACTIVITIES
MOSTLY FREE,
ALL FUN!**

To view hundreds of events, or to add your own,
log on to www.newham.gov.uk/whatson

24 – 31 AUGUST

OUR THRILLING THREE...

1

Newham LIVE Don't miss the Paralympic opening ceremony. Watch it live, on Wednesday 29 August from 8pm at Stratford Park, West Ham Lane, E15 and at Central Park, High Street South, E6. Visit www.newham.com/summer

2

Paralympic Torch Relay Welcome the Torchbearers to Newham. Wednesday 29 August. **Turn to page 10 for route map.**

3

Comedy night Free entertainment every Monday, 8pm at Theatre Royal Stratford East, Gerry Raffles Square, E15. Visit www.stratfordeast.com to find out more about other free events.

MENTION THE MAG...

If you're aged between eight and 16, grab your swimwear and head down to Royal Victoria Dock for a wakeboarding lesson with WakeUp Docklands. Wakeboarding is a mixture of different sports including snowboarding, surfing and water skiing.

Lessons usually cost £35 but take this copy of the *Newham Mag* and you can enjoy a session for just £10. Lessons will run from 11am-3pm on Thursday 30 and Friday 31 August. All equipment, including wetsuits is provided but bring swimwear and a towel. You will need an adult to sign a consent form. To book visit www.wakeupdocklands.com or call 020 7055 3855. For more information email info@wakeupdocklands.com or turn to page 15.



TRY SOMETHING NEW... CHEER THE DRAGONS

Come along and cheer on the Thames Dragons and watch them race to the finish line as they take on teams from around the country.

The Thames Dragons will be competing at a dragon boat racing competition on Sunday 2 September from 10am-5pm at The London Regatta Centre, Dockside Road, E16. The event is free and open to all.

If you're 12 years or older, you can also come along and give dragon boat racing a go yourself. See if you have what it takes to become a dragon. Try it out sessions will run from 12.30-1.30pm.

For more details visit www.thamesdragons.co.uk or call Paul Coster on 07957 716 689



ARTS AND ENTERTAINMENT



Family Movie Matinees

Free film night, open to all.

A Cinderella Story Once Upon a Song (PG) Wed 30 Aug, 2-5pm, The Gate Library, 4-20 Woodgrange Road, E7. Spaces are limited, first come first served basis.

COURSES



Do it Online

Basic computer sessions for all. All sessions take place at local libraries. You must book in advance.

Tues, 10am-12noon
Green Street

Wed, 10am-12noon, Stratford
Thurs, 10am-12noon,
Canning Town
Fri, 10am-12noon and 2-4pm,
East Ham and Plaistow

Knit & Natter

Craft group for men and women of all ages and abilities. All sessions take place at local libraries.

Weds, 10am-12noon,
Beckton Globe
Fri, 10am-12noon,
Canning Town

UNDER FIVES LIBRARY ACTIVITIES



Open to under fives with their parents/carers. All sessions take place at local libraries.

Storytelling

Mon, 10.30-11.30am,
Canning Town
Tues, 10.15-11.15am,
Custom House
Tues, 11am-12noon, Plaistow
Tues and Fri, 11am-12noon,
Stratford
Wed, 2-3pm, East Ham
Thurs, 10.30-11.30am,
Manor Park

Thurs, 2-3pm, North Woolwich
Thurs, 10.30-11.30am,
Green Street
Fri, 10.30-11.30am,
Beckton Globe
Fri, 11am-12noon, The Gate

Crafts Club

Tues, 10.30-11.30am,
Manor Park

Toy Library

Tues and Thurs, 10am-
12noon, East Ham

Imaginative Play

Fri, 10.30-11.30am, East Ham

YOUNG PEOPLE'S LIBRARY ACTIVITIES



All sessions take place at local
libraries.

Summer Reading Challenge

Reading help session for
young people. Sessions take
place 2-3pm

Mon 27 Aug, Stratford,
North Woolwich and
Custom House

Tues 28 Aug, Beckton Globe,
The Gate, Green Street,
Plaistow and Manor Park
Thurs 30 Aug, East Ham
Fri 31 Aug, Canning Town

Craft Sessions

Sessions take place 4-5pm
Mon 27 Aug, East Ham and
Canning Town

Wed 29 Aug, Stratford

Thurs 30 Aug, North
Woolwich, Custom House,
Plaistow and Manor Park
Fri 31 Aug, Beckton Globe,
The Gate and Green Street

Summer Nights

Sessions take place 6-7pm
Tues 28 Aug, The Gate
Thurs 30 Aug, Custom House
and Manor Park

Bubble Face Painting

First come, first served.
Sat 25 Aug, 11-12noon,
The Gate

Musical Mayhem

Sessions take place 2-3pm
Sat 25 Aug, 2-3pm, North
Woolwich

Games Clubs

Free activities such as Sony
PS3, Xbox 360, Wii games,
board games and more for all
children aged 8-13.

Mon, 3.30-5.30pm, Canning
Town and Manor Park

Tues, 3.30-5.30pm, Custom
House and East Ham

Teen Xtra Evenings

Free activities for ages 12-21
Thurs, 6-8pm, The Gate

ADULT LIBRARY ACTIVITIES



All sessions take place at local
libraries.

Writer's Group Tues 28 Aug,
5.45-7.45pm, The Gate

Over 50s Club

Thurs, 10am-12noon,
Beckton Globe

ICT Surgeries

Thurs, 10am-12noon, The Gate

BASKETBALL



Newham All Star Sports Academy (NASSA)

All sessions take place at UEL,
Docklands Campus, University
Way, E16. Sessions are £1
unless indicated otherwise
Visit www.nassasports.org.uk

Wed, 4.20-6pm, U13-14
6-8pm, U16-18

8-10pm, Senior Men

Thurs, 4.20-6pm U13-14

6-8pm, U16-18

8-10pm, Senior Women, £2

Fri, 4.20-6pm, U13-14

6-8pm, U16-18

8-10pm, Senior Men Run, £2

Sat, 10.20am-12.20pm, junior
boys and girls, 8-14, £2

Call 07703 503 995 or 07712
176 301

National League

Mon, 6-8pm, U13/14s,
Rokeby School,
Barking Road, E16

Tues, 6-8pm, U15/16s

Rokeby School,
Barking Road, E16

Thurs, 4.30-6pm,

U13/14s boys, U14s girls,
Newham Leisure Centre,

Prince Regent Lane, E13
6-8pm, U16s, Newham
Leisure Centre, Prince Regent
Lane, E13

6-8pm, U18s, Cumberland
School, Oban Close, E13

Gifted and Talented

Fri, 4.15-5.30pm

Cumberland School, Oban
Close, E13

Basketball Session

Sat, 10am-12noon
Newham Leisure Centre,
Prince Regent Lane, E13

Senior Men/Women Programme

Mon, 7.30-9.30pm

Division 2 Women and Division

3/4 Men. Rokeby School,

Canning Town, E16

Call 07947 401 616

FOOTBALL



Mayor's Football League

8-16s, Mon, 4-6pm

Newham Leisure Centre, Prince
Regent Lane, E13

4v4 Football

8-19s, Wed, 5-7pm

Stratford Park MUGA, West
Ham Lane, E15

5v5 Football

8-19s, Fri, 5-7pm

Royal Victoria Gardens, Pier
Road, E16

4v4 Football

8-19s, Fri, 5.30-7pm

Snowhill MUGA, High Street
North, E12

5-a-side Tournaments

(First Sat of the month)

U12s/U14s/U16s, Sat,

10am-1pm

Plashet Park, Plashet Grove, E7

8-19s, Wed, 7.30-9pm.

Winsor community MUGA,

Manor Way, E6

Call 020 3373 4119

WHU Kickz (free)

Mon, U14s, 4-5.30pm

- 15+, 5.30-7.00pm

West Ham United Community

Astro Turf (Beckton), E6

- 11-18s, 5-8pm

Forest Gate Youth Centre, E7
Tues, U14s, 4-5.30pm

- 15+, 5.30-7pm

West Ham United Community
Astro Turf (Beckton), E6

- 11-18s, 6-9pm

Priory Park MUGA, E6

Wed, 11-18s, 5-8pm

Priory Park MUGA, E6

Thurs, 11-18s, 4-7pm

Priory Park MUGA, E6

Fri, U14s, 4-5.30pm

- Girls 11+, 5.30-7pm

West Ham United Community
Astro Turf (Beckton), E6

- 11-18s, 5-8pm

Forest Gate Youth Centre, E7

Air Football 16+

Tues, 1-3pm,

Stratford Park, E15

Fri, 3-5pm, Beckton

Powerleague, E6. Visit www.airfootball.co.uk

Ascension Football Academy

All sessions £3

School years reception to 11,
10-11.30am

King George V Park, King

George Avenue, E16. Call

07806 584 925

BOXING AND SELF DEFENCE



Boxing

West Ham ABC - community
boxing, 11-19s

Free Olympic style amateur
boxing sessions.

Hathaway Community Centre
Hathaway Crescent, E12

Wed, 7pm. Call 020 8430 2000

- West Ham Boys ABC 9+,
boys and girls

Mon, Wed, Fri, 5-6pm

The Black Lion, 59-61 High
Street, E13. Call 020 8472 3614

- Peacock ABC 8+,

Mon, Wed, 6-8pm

boys and girls

Caxton Street North, E16

Call 020 7511 3799

- Newham Boys ABC

6+, boys only

Mon, Wed, Fri, 6-7.45pm

Old Bath House, 141 Church
Street, E15. Call 020 8519 5983

- Fight For Peace 11+, boys and girls
Woodman Street, North Woolwich, E16. Call 020 7474 0054

Punch Out (16+)

Free boxing fitness workout.
Thurs, 4-5pm and 5.15-6.15pm. Email getactive@newham.gov.uk

Newham Shoujin Karate

During term time only.
Sessions for beginners:
Mon, 6.20-8.20pm,
Docklands Shoujin Karate Club, Sports Dock, UEL Docklands Campus, E16
Wed, 4.30-5.30pm,
Thurs, 6-8pm,
Fri, 6-7pm and 7-8pm,
Sun, 10-11am, Newham Leisure Centre, Prince Regent Lane, E13.
Call 07508 070 638

HEALTH AND FITNESS



Handball (free)

8-16s, Tues, 3-4.30pm
16+, Fri, 6-8pm
Newham Leisure Centre, Prince Regent Lane, E13. Email aranka.bekker@newham.gov.uk

Multi sports (free)

Wed, 1-3pm and 5-7pm, 16+
Stratford MUGA, West Ham Lane, E15
Fri, 5.30-7pm, 8-19s
Snowhill MUGA, High Street North, E12. Call 020 3373 4119

Athletics

Sun, 10.30am-12.30pm, 10-19s
Newham Leisure Centre, Prince Regent Lane, E13. Email coral.nourrice@newham.gov.uk
- Newham and Essex Beagles Athletics Club, Mon and Wed, 6.30-9pm, 10+
Sun, 10am-1pm.
Call 020 7511 4477

Cricket

Wed, 6-8pm, 8-18s, Lister Community School, St Mary's Road, E13. Call 020 3373 4119

Hockey

Mon, 3-5pm, 8-14s
Kingsford Astro, Kingsford Way, E6 (by Asda car park).
Call 020 3373 4119

Rugby

Tues, 4-6pm, 10-16s
Memorial Park, Memorial Avenue, E15. Call 020 3373 4119

Volleyball

Mon, 3.30-5pm, 11-18s, Royal Docks School, Prince Regent Lane, E16. Call 020 3373 4119

Newham Swords (4+)

Tues, 6.30-9pm
Thurs, 6.30-9pm
Fri, 7.30-10pm
The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13
Call 07956 618 898

Newham Striders

Free sociable walking group, seven days a week. Call 020 8430 2000

Free Men's Health

Football Fitness Sessions
Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Close, E6. Call 020 7473 7724

Free Family Fit Club

Sat, 11am-12noon, West Ham United Community Training Facility, 60a Albatross Close, E6. Call 020 7473 7724

Saturdays

For fathers, grandads, uncles and children aged 0-16.
Sat, 12noon-3pm,
Chandos East Hub, 90 Chandos Road, E15
Call 020 8221 2137

FEMALE SPORTS



Dare2Dance

Free street dance classes for girls, 12-16s. Fri, 3.30-5.30pm
Newham Leisure Centre (New Indoor Multi Sports Centre), Prince Regent Lane, E13.
Call 07970 783 526

Girls Spinning Sessions

11-16, Mon and Wed, 4-4.30pm. Newham Leisure Centre, Prince Regent Lane, E13. Call 020 7511 4477

Female Only Gym Sessions

Free, 11-16, Tues and Thurs, 3.30-5pm. 16-25, Weds, 1.30-3pm. Newham Leisure Centre, Prince Regent Lane, E13. Call 020 7511 4477

Female Boxfit Classes (16+)

Mons, 4.15-5.15pm, Balaam Leisure Centre, Balaam Street E13. Call 07970 783 526

Girls Football

Mon, 6-7.30pm,
12/14s football tournaments
Kingsford Astro (entrance by Asda car park) Beckton, E6.
Call 020 8556 5973.
12-14s football coaching and tournaments, Tues, 3.30-5.30pm. Newham Leisure Centre, Prince Regent Lane, E13. Call 020 8556 5973

Get Back into Netball

OPA Netball Club sessions.
Tues, juniors, 6-7pm, seniors, 8-9.30pm. £2 per session. Lister Community School, St Mary's Road, E13. Call 07717 281 529

Body Blast (16+)

Mon, 7-8pm and Thurs, 6-7pm
Talent Central, Unit 27a, 3 Armada Way, Gallions Shopping Centre, E6

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE



Multi-Sports

Free Flying Wheels club for young wheelchair users 6-22.
Wed and Fri evenings, 6-8pm.
Rokeby School, Barking Road E16. Call 07888 085 259
U19s, Fri, 4.30-6.30pm,
Newham Leisure Centre, E13.
Disabled Multi-Sports. Tues, 10.30am-12noon, Newham Leisure Centre, E13. Call 020 7511 4477
Fri, 4.30-6pm, NewVic, Prince

Regent Lane, E13. Call 07811 671 082

Wheelchair Basketball

11-19, Wed, 4-5pm
Rokeby School, Barking Road, E16. Call 07947 401 616

Family Swims for Disabled Children and Adults

Newham Otters Swimming Club, Sat, Newham Leisure Centre, E13, 4.30-5.30pm. For more details call 07931 788 739
Family Swim, Sun, 12.30-2pm, Balaam Leisure Centre, E13, £5. Call 020 7476 5274

Free Trampoline Sessions

U19s, Fri, 5-7pm and Sat, 12noon-2pm, Newham Leisure Centre, E13. Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children

Wed, 10am-12noon, East Ham Leisure Centre, E6. £1.15 per session. Call 020 8548 5850

Free Swim for Families dealing with Autism

Wed, 4-5pm, Balaam Leisure Centre, E13. Call 020 7476 5274

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6 unless specified.

Wed 29 Aug, Licensing (2003 Act) Sub-Committee, 10am, Council Chamber

LIBRARY CONTACTS



For full library contact details visit www.newham.gov.uk/libraries

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Paralympic Games 11am-11pm**

FREE

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music, sports, games and entertainment.
Times vary, visit www.newham.com/summer
for more information.

*Brought to you by the
Mayor of Newham*